

Intervention: Catering interventions

Finding: Mixed evidence

Potential partners to undertake the intervention:

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| <input type="checkbox"/> Nonprofits or local coalitions | <input checked="" type="checkbox"/> Businesses or labor |
| <input checked="" type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the intervention:

Catering interventions include promotion of healthier food items by signs or stickers, information signs on all foods, changes in the placement and number of healthier items, and reduction in the fat content of food items without customer awareness of the intervention.

Findings from the systematic reviews:

Interventions in catering, through passive (modification of recipes and choices offered) and active (promotion of particular choices) methods, have mixed effects on healthy food choices made at the catering outlets. The promotion of healthier items at the point-of-choice (e.g., signs or stickers) resulted in increased sales of 2 percent to 12 percent of total market share while the interventions were in place. However, providing nutritional information on all food items was not shown to be effective.

Roe, et al., cite a long-term study in which the fat content of meals was changed, resulting in a reduction in saturated fat intake of 2 percent over one year.

References:

Roe L, Hunt P, Bradshaw H, and Rayner M. Health promotion interventions to promote healthy eating in the general population - a review. Imperial Cancer Research Fund, General Practice Research Group and British Heart Foundation Fund Promotion Research Group, Division of Public Health and Primary Health Care, University of Oxford. Health Education Authority, London, U.K., 1997.